

# Strawberry Freezer Jam



## What You'll Need:

- 4 cups of strawberries
- ½ package of low sugar pectin
- 1 ½ cups of sugar
- ½ cup water
- Medium pot
- Measuring cup
- Small jars and lids
- Zip lock bag (optional)



## Instructions:

First, wash and hull your strawberries.

You'll need to mash the strawberries, a good way to do this is with a large (gallon size) zip lock bag.

Finely slice the berries into the bag (cut the strawberries into fairly small pieces)

Once the berries are sliced, and in the bag, press all the air out of the bag, and zip it closed. (make sure it is completely sealed!)

Squish the berries inside of the bag until there are no pieces left.

You can do this with a glass, rolling pin, or even just your hands.

If you don't have a zip lock bag, you can cut the strawberries into a bowl and mash them with a potato masher.

You should have 2 cups of mashed berries when you're finished.

Next, measure 1 ½ cups sugar and add it to the pot.

Add ½ package of low-sugar pectin (we used Sure-Jell) and mix them together well.

Then add ½ cup of water and mix again.

Bring this to a boil over medium high heat, stirring constantly.

Let it boil for one minute, and then take it off the stove.

Quickly add the mashed berries and stir well, make sure it's completely mixed.

Then it's time to fill your jars!

This freezer jam will keep for months in the freezer, or about 3 weeks in the fridge.

Since you never actually boil the berries, it has all the flavor of a just-picked strawberry!

Try making some today!